



CALM & CONFIDENT

5 Simple Exercises That Take 5 Minutes or Less

BECOMING CALM & CONFIDENT

Confidence comes from trusting ourselves.

Trusting ourselves comes from becoming present with ourselves, listening to ourselves, and noticing what we feel and think. As we become aware of what information we need to listen to and what are simply outdated thoughts or belief systems that no longer benefit us, anxiety begins to give way to a sense of calm. By mixing mindfulness with sports & positive psychology, we end up with a potent mixture of tools and techniques that can change how we interact with challenge and discomfort. These five exercises are a great starting point if you're serious about growing your sense of Calm & Confidence.

Simply spend five minutes a day practicing these exercises, and notice the shifts that start to happen, both big and small.



THE EXERCISES:

Sensing In

Box Breathing

Power Words

Control vs No Control

Visualization

SENSING IN



This exercise is a great way to bring yourself into the present moment, calm your mind & connect you with the world around you. It's best practiced in nature, but can be used anytime and any place.

Find a comfortable place to stand.

Take a deep breath and notice what you see. Notice the shapes, colours, shades and movement.

Begin to allow the sounds to land in your ear. Notice the layers, the sounds that are close and those in the distance.

As you inhale notice the smells. Pay attention to the temperature sensation as the air enters then exits your nostrils.

Notice the temperature sensations on you skin, perhaps a cool breeze or the soft warmth of a sweater. Feel the connection points of your feet on the earth.

BOX BREATHING

Try this exercise anywhere, at any time. Box breathing can reduce stress and improve your mood. Slow, stable breathing calms the heart, blood pressure, and helps you to think clearly

Slowly
breathe in
through your
nose for 4
seconds.



Hold the breath
in your body for
4 seconds.



Count to 4
before breathing
in again.



Slowly exhale
through your
mouth for 4
seconds.



POWER WORDS

Adaptable	Leader
Alert	Lightness
Assertive	Light-hearted
Authentic	Mastery
Awesome	Mighty
Balanced	Motivated
Bold	Open
Calm	Open-minded
Capable	Passionate
Centered	Patient
Clear	Peaceful
Competent	Performing
Courageous	Persistent
Curious	Perseverance
Dedicated	Prepared
Decisive	Poised
Determined	Potent
Driven	Powerful
Dynamic	Precise
Effective	Proud
Efficient	Purposeful
Electric	Quiet
Engaged	Relaxed
Enthusiastic	Relentless
Faith	Respectful
Fire	Responsive
Flexible	Safe
Focused	Secure
Flow	Self-confident
Focused	Self-sufficient
Forgiving	Simplicity
Free	Spark
Fun	Spectacular
Grateful	Spirit
Grounded	Spontaneous
Harmony	Strong
Humble	Stable
Humour	Successful
Hungry	Synergy
Imaginative	Tenacious
Impactful	Tough
Influential	Trusting
Inspired	Unstoppable
Integrity	Vital
Intense	Willing
Joyful	Whole

Power words are those that cause you to feel strong emotions based on previous experiences. They are perfect for using throughout your day, both proactively and reactively.

When thinking about your goal or the area of your life you'd like to bring more Calm & Confidence into, read through this list to see which words bring about a positive reaction/emotion in you. Then choose one to three words that you think best capture the emotional and mental state needed for you to become more Calm & Confident.

Now use these words to set your state before entering any situation that you'd like to remain Calm & Confident in. You can also use them as a reset if you find yourself needing to reset.

CONTROL VS NO CONTROL

The more control we feel like we have, the more Calm & Confident we feel. However, all too often we spend our energy, focus and time on things we either can't control or that we only have minimal control over (areas of influence). However, when we shift our focus to the areas we can control, we not only become more productive but we gain more confidence.

LIST ALL THE THINGS YOU DO HAVE CONTROL OVER

LIST ALL THE THINGS YOU DO NOT HAVE CONTROL OVER

LIST ALL THE THINGS YOU CAN INFLUENCE

VISUALIZATION

The human body does not distinguish between an event that is experienced and an event that is imagined vividly. Through visualization, we can create neurological patterns that then lead to muscular response. With repeated and deliberate visualization, we can strengthen the associated pattern in the nervous system, which makes the imagined responses more likely to occur in the actual situation.



If you have trouble with visualization in the beginning, simply watch a short video of you or someone you admire doing the activity you are focusing on. After watching the video close your eyes and practice replaying it in your mind.

BONUS EXERCISE:

The practice of doing a body scan on a regular basis is a great way to bring your awareness into your body and into the present moment. Doing a body scan just takes a moment yet is a valuable tool in self-awareness. The purpose of this exercise is to notice what is, not to change it or ground yourself. It's okay to be a little uncomfortable if you're new to body scans, so be kind with yourself and notice whatever arises.

Body Scan

Find a comfortable place to stand.

Take a deep breath, close your eyes or soften your gaze to the ground, and notice your feet on the earth below you.

Starting at the top of your head, notice what it is like to be in your body.

Notice temperature sensations, areas of comfort or discomfort, areas of tightness or relaxation. Remember there is no need to change anything, simply sense into what is.

Taking your time scan all the way through your body, simply noticing what shows up.

As you arrive at your feet, feel how they connect you to the earth, take a deep breath and open your eyes.